

## Family Distress Index (FDI)

In an effort to develop a broadly defined measure of family maladaptation the Family Distress Index (FDI) was developed by Hamilton McCubbin, Anne Thompson, and Kelly Elver (1993a) to obtain family self report observations as to the occurrence of family hardships (e.g., drug abuse, divorce, emotional problems) and challenges which reflect family disharmony and family intolerance. The severity of the distress is recorded by the family members completing the questionnaire. This measure was one index of family outcomes in the Resiliency Model of Family Stress, Adjustment and Adaptation.

### Example Items:

"Record the degree to which each of the family pressures listed have been a problem in your family during the past 12 months:"

- \*A member appears to depend on alcohol or drugs
- \*Increase in conflict among children in the family
- \*Increased conflict with in-laws or relatives

Available in: [English](#)

